

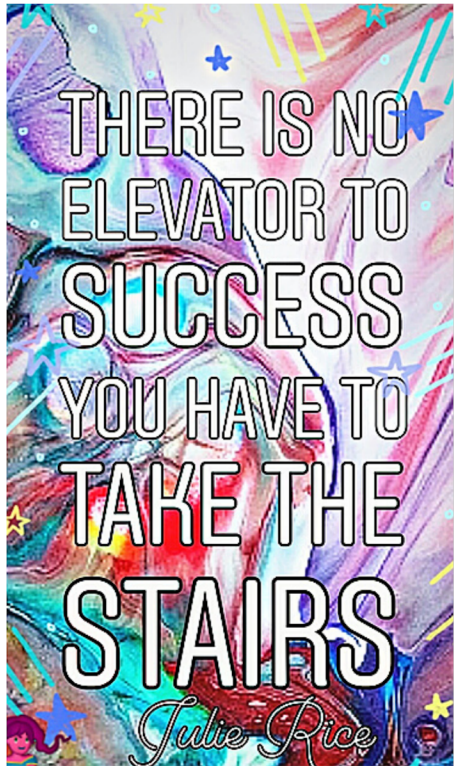
THE SCRAPBOOK COLLECTION

PRINCIPLES FOR ENTREPRENEURIAL + INSPIRED COACHING



by Coach4ppol.com

STARTING SMALL & NOW



Start shipping something Into the world now, before feeling fully ready.

The smallest project, however imperfect it is, will evoke the rest.

We are Enough and can do Hard Things!

IT IS NOT THE CRITIC WHO COUNTS;
not the man who POINTS OUT HOW
THE STRONG MAN *stumbles, or where* THE DOER OF DEEDS
COULD HAVE DONE THEM BETTER.
THE CREDIT *belongs to the man who is* ACTUALLY IN THE ARENA,
WHOSE FACE IS MARRED BY DUST AND SWEAT
AND BLOOD; *who strives valiantly;*
WHO ERRS, WHO COMES SHORT AGAIN AND AGAIN,
BECAUSE THERE IS NO EFFORT WITHOUT ERROR
and shortcoming; BUT WHO DOES ACTUALLY
STRIVE TO DO THE DEEDS;
WHO KNOWS GREAT ENTHUSIASMS
THE GREAT DEVOTIONS; *who spends himself*
IN A WORTHY CAUSE; WHO AT THE BEST KNOWS IN THE END
THE TRIUMPH OF HIGH ACHIEVEMENT
and who at the worst, if he fails, at least fails
WHILE DARING GREATLY,
SO THAT HIS PLACE SHALL NEVER BE WITH THOSE
cold and timid souls WHO NEITHER KNOW VICTORY NOR DEFEAT

STARTUP & GROWTH IS MESSY
ADVICE FROM THOSE NOT IN
THE ARENA IS WORTHLESS ...

ACHIEVING MEANINGFUL GOALS



Taking action may get us moving toward our goals. However, that won't make us become who we need to be so that when we reach them, they actually mean and feel like we intended for them to...

"It's your road
and yours alone.
Others may walk it
with you, but no
one can walk it
for you."
- Rumi

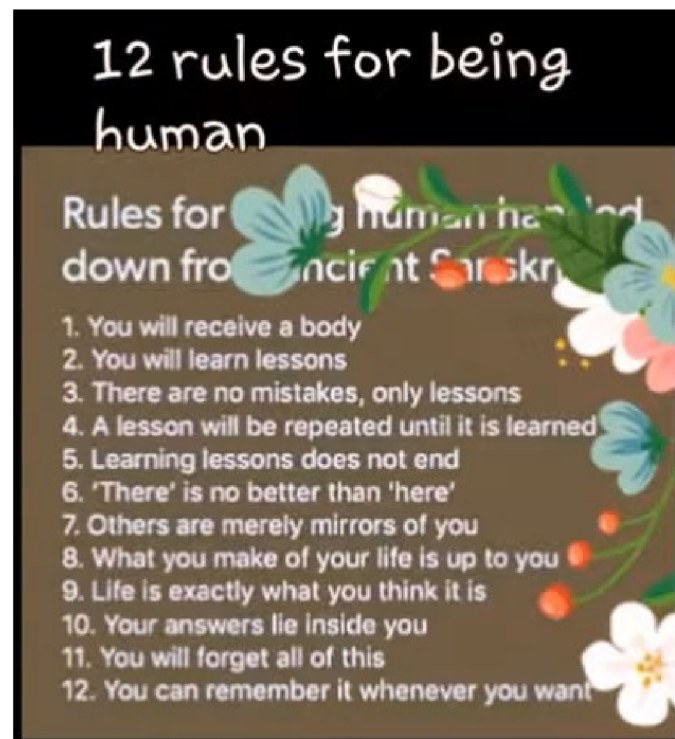
WALKING THE ROAD
MEANT FOR YOU ...

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LETTING GO & BECOMING



Attempting to mimic other people's personal practices is very common, not always successful or adapted. How about "simply" choosing to let go of those behaviors that no longer serve us?



Structure defines content - Who do I need to be(come) to support my growth trajectory?

The Way of the Peaceful Warrior - Dan Millman

SURRENDERING SIGNIFICANCE

Wide Open I will not die an unlived life. I will not live in fear of falling or catching fire. I choose to inhabit my days, to allow my living to open me, to make me less afraid, more accessible, to loosen my heart until it becomes a wing, a torch, a promise. I choose to risk my significance; to live so that which came to me as seed goes to the next as blossom and that which came to me as blossom, goes on as fruit.

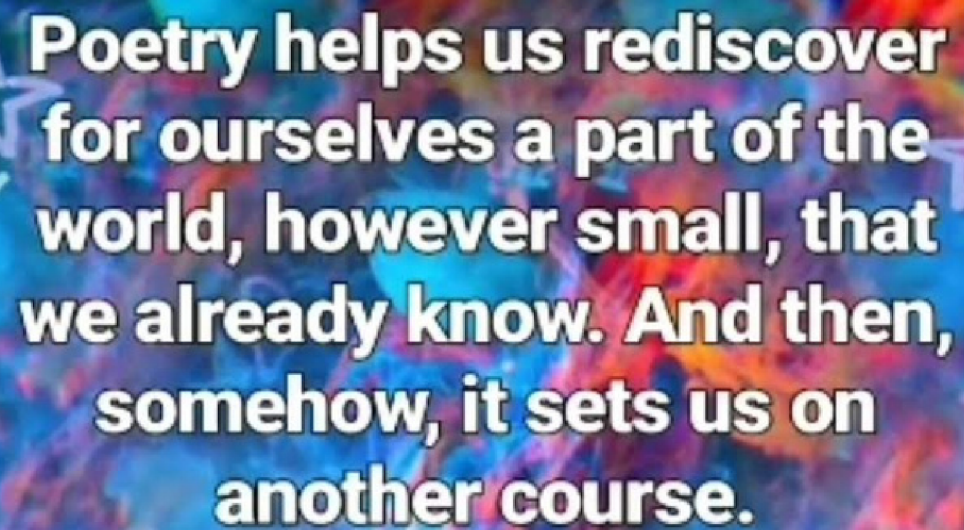
"Surrendering significance to allow for genuine identity to emerge, structure, and develop as an original contribution to the world"

Wide Open - On living with Purpose and Passion - Dawna Markova

To Live Is The Rarest
Thing In The World.
Most People Exist,
That is All
~ Oscar Wilde

"Be Yourself, Everybody else is already taken, Oscar Wilde" ...
About living our life on purpose

KNOWING OURSELVES & POETRY

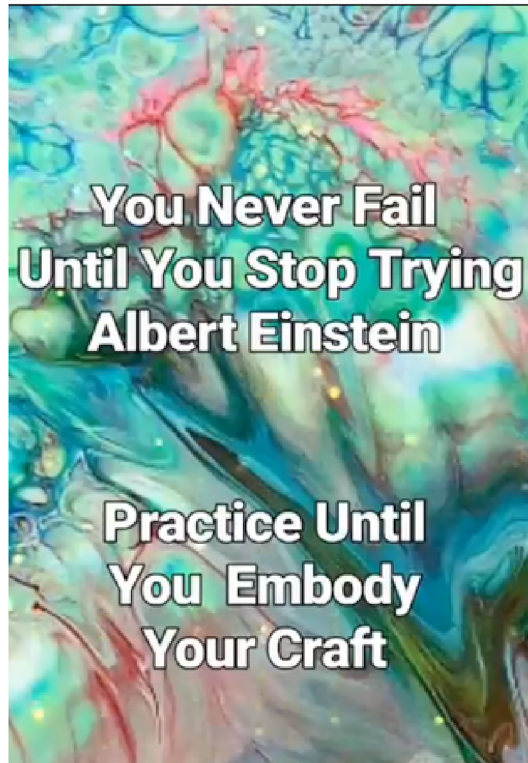


**Poetry helps us rediscover
for ourselves a part of the
world, however small, that
we already know. And then,
somehow, it sets us on
another course.**

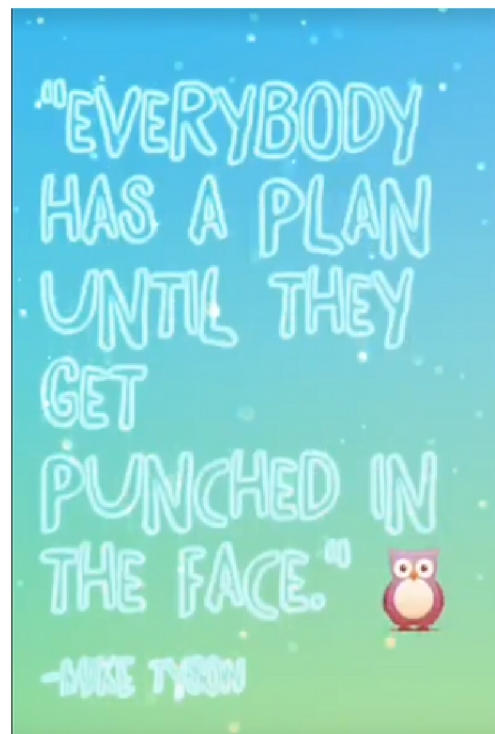
David Campbell

A poem is like a promise, the substance of something hoped for, the evidence of what is yet to be seen. The nature of the Poetic construct often opens up a coaching conversation, taking it in a different direction by igniting the imagination ...

FORGING SUPPORTIVE HABITS



Mindfully directed repetitions breed skills that, in time, evolve into consistent practices that help perfect any craft, foster accountability, and build resilience. Goals however ambitious, once chunked in bite sizes, can be reached in a sensible manner



BUILDING RESILIENCE BECAUSE ...
LIFE HAPPENS

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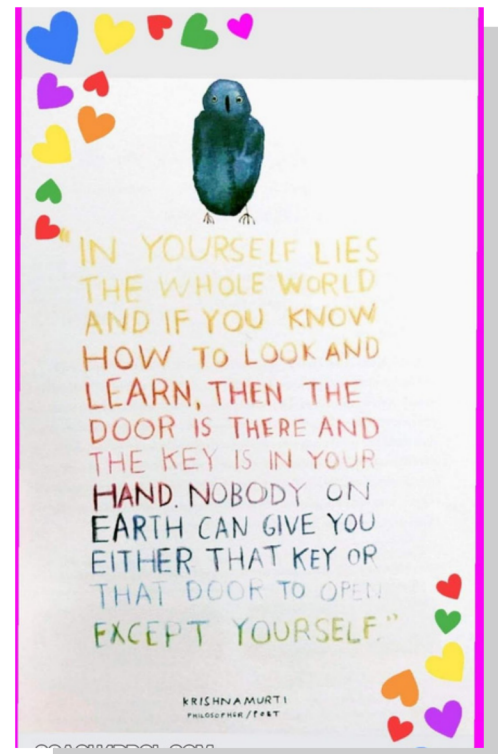
CULTIVATING SPACIOUSNESS

**Wisdom is
Forgetting
All we Know**

**Cultivate the
Beginner
Mind**

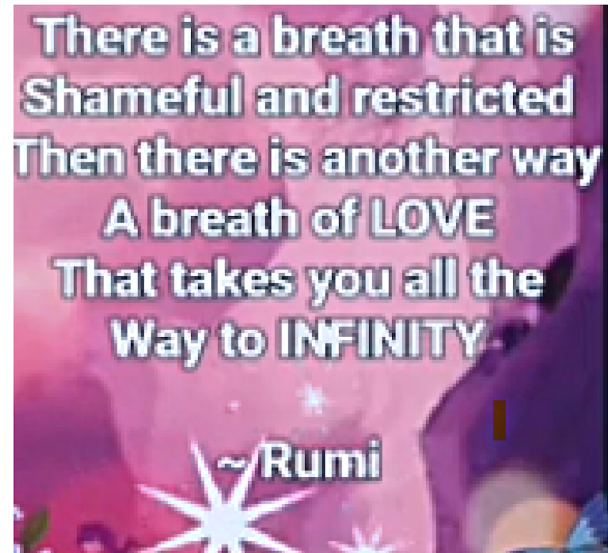
Cultivate an experimental mindset, genuine curiosity, and non-judgment to make room for, more of what may be possible, to arise.

Design mental models for informed decision-making. Such is the virtue of a beginner's mind approach



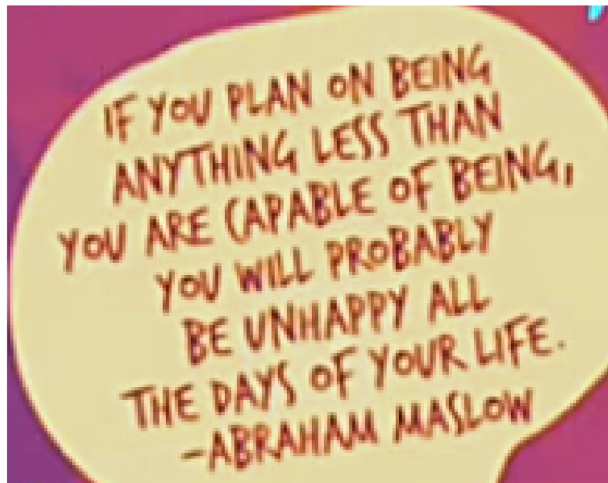
MINDFUL ATTENTION TO
INFINITE POSSIBILITIES ...

BREATHING INTO POTENTIAL



When people experience positive emotions, their minds broaden, and they open up to new possibilities and ideas. They also build their personal well-being resources: physical, intellectual, and social resources.

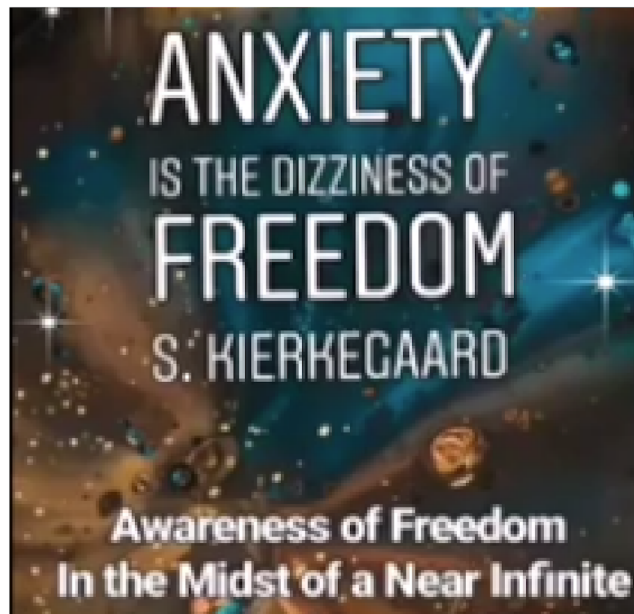
Positive Emotions Broaden and Build Theory -
Barbara L. Fredrickson



Happiness & Self-Actualization

Abraham Maslow, an American psychologist, was one of the founders of humanistic psychology and is best known for his famous hierarchy of needs. His work focused on the potential and creativity that human beings possess

BEFRIENDING FREEDOM



The Anxiety and Freedom relationship. Some anxiety may manifest as we realize the extent of our capabilities, power, and infinite nature of what may be possible and is therefore beneficial to our development under certain conditions.

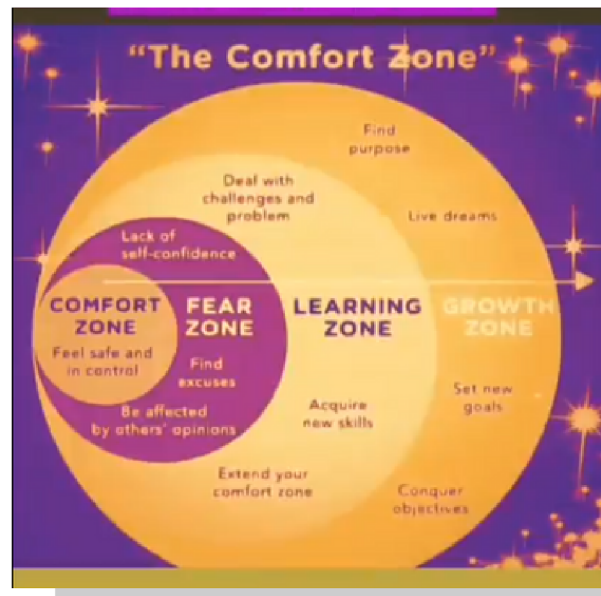
Soren Kierkegaard

The Psychology of Anxiety

DANCING WITH FEAR



On the other side of fear is where the magic happens! Getting out of our comfort zone, and daring past what may hold us back, creates more space to thrive. Courage is not the absence of fear, it's pushing through fears with resolute and compassion for our vulnerabilities



STEPPING OUT OF OUR COMFORT ZONE BECAUSE GROWTH AND CREATIVITY LIVE THERE ...

LISTENING INTENTIONALLY



Seek to listen with the intention to understand first, build community and trust. Expand the realm of possibilities in business and life, as well as overall satisfaction levels and personal well-being. Listen for greatness ...

*Talk to yourself like
you would talk to
someone you love.*

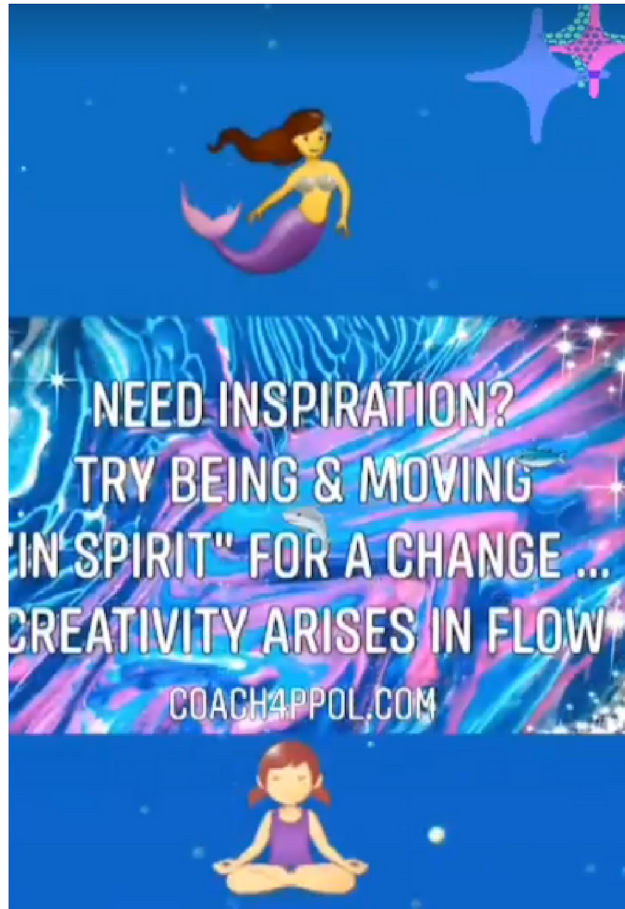
Brené Brown



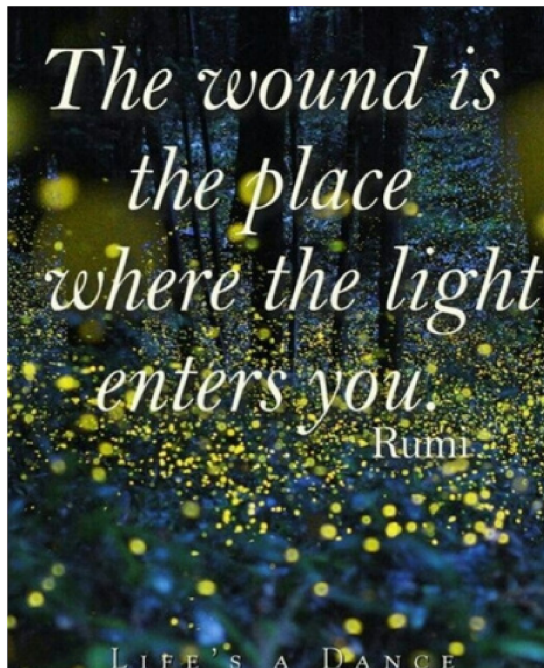
COMPASSION FOR ALL ...
ASSUME WE ALL DO THE
BEST WE CAN

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ELICITING CREATIVITY



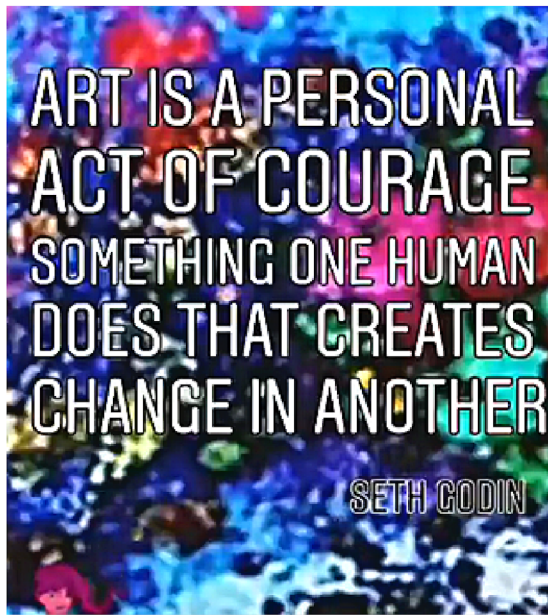
Creativity, innovation, and inspiration arise in flow states. Cultivating familiarity with practices that facilitate access to flow is key, in particular in uncertain times and when solving for complexity "Creativity is the new literacy" Chase Jarvis



VULNERABILITY IS THE BIRTHPLACE OF INNOVATION, CREATIVITY AND CHANGE Brenee Brown

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MAKING ART



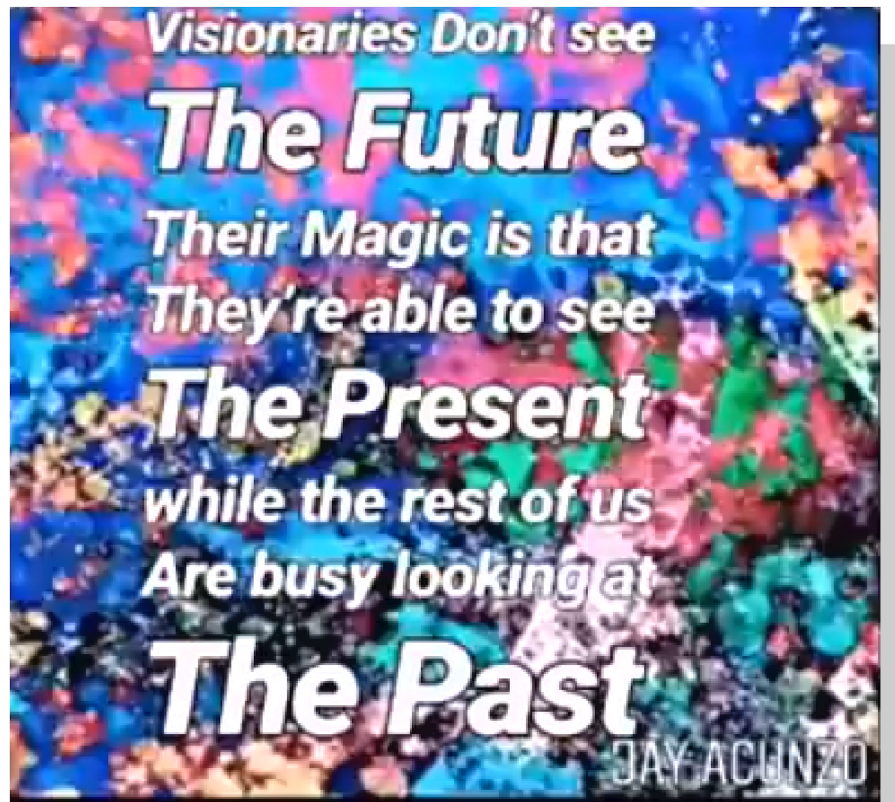
Creativity is intrinsic to effecting meaningful change, which takes courage and willingness to listen (be vulnerable) to other points of view. Creativity is essential to any purposeful entrepreneurial endeavor, making Art is a brave path to change the world ...



ESSENTIAL ART

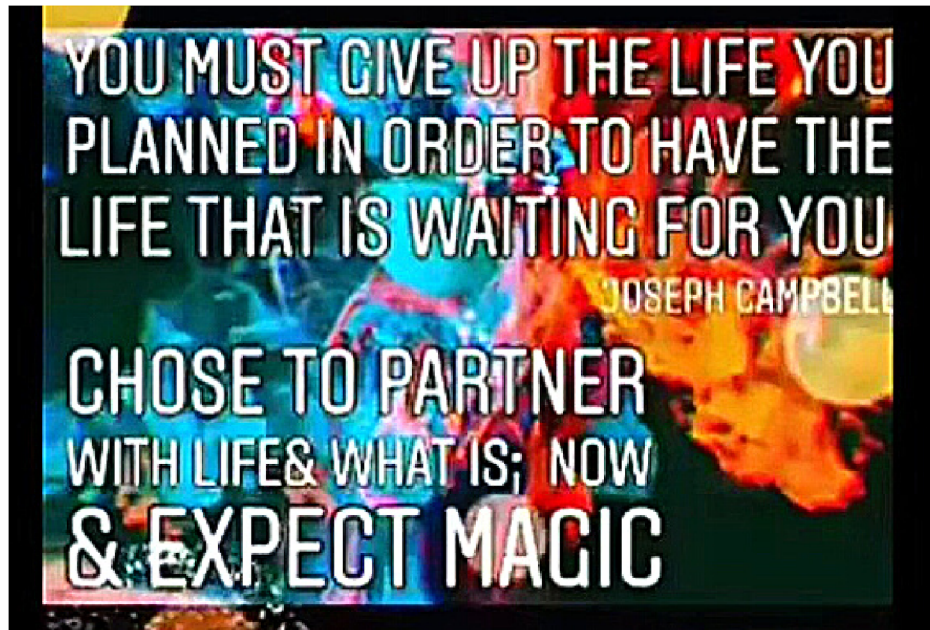
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ENVISIONING THE FUTURE



Visionaries cultivate the skills of generative and mindful presence, that's the well-kept secret to their magic!

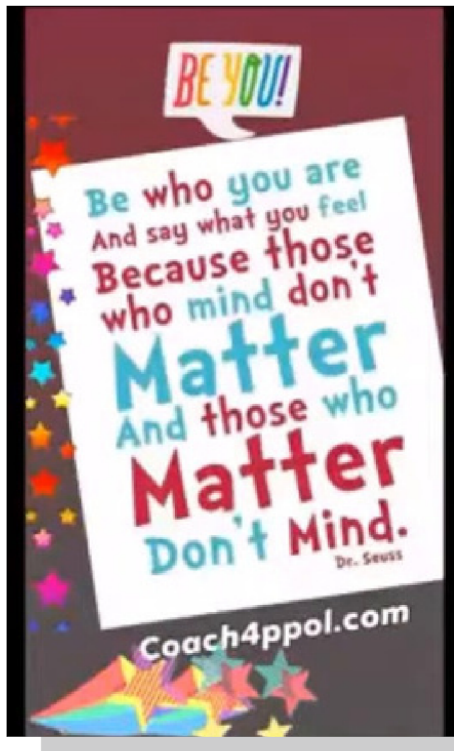
PRESENCING OURSELVES



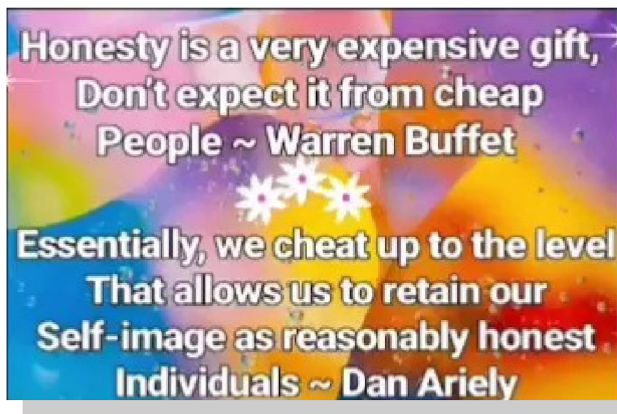
Neither predator nor prey,
consciously choose to partner
with life as it unfolds. Meet
people where they are and things
as they stand.

Be present in the moment and
witness its magic ...

BEING AUTHENTIC



Fear of losing connection might lead us to conceal our true selves in order to belong until we figure out the (perceived) loss we are so afraid of would actually not be much compared to the freedom, relief, alignment, and well-being gained from inhabiting, with joy, the fullness of who we truly are ...



- Warren Buffett ~ Integrity is the most important trait to hire for
- Dan Ariely ~ The Honest Truth about Dishonesty: How we lie to everyone, especially ourselves

LOOSING LIMITING BELIEFS



Why do we seek out, favor, and choose to selectively retain information that suits our pre-existing (often limiting) beliefs? The confirmation bias keeps us in congruence with the lies (the lenses through which we make sense) we tell ourselves about the world, what is happening and who we are ...

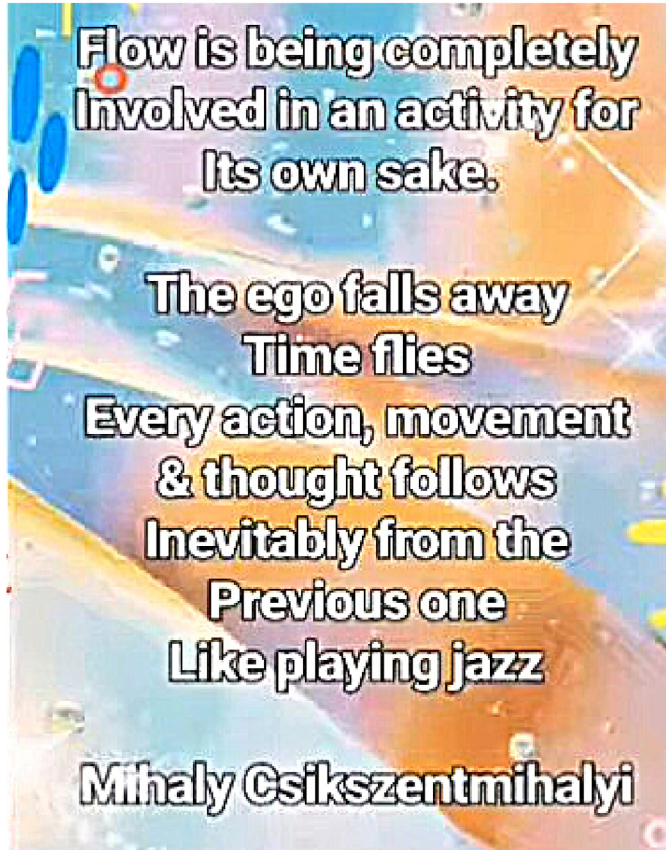
CHOOSING PLAYFULNESS



Humor, games, roughhousing, flirtation and fantasy are more than just fun. Plenty of play in childhood makes for happy, smart adults ... and keeping it up can make us smarter.

Play: How it shapes the brain, opens the imagination, and invigorates the soul
Dr Stuart Brown ...

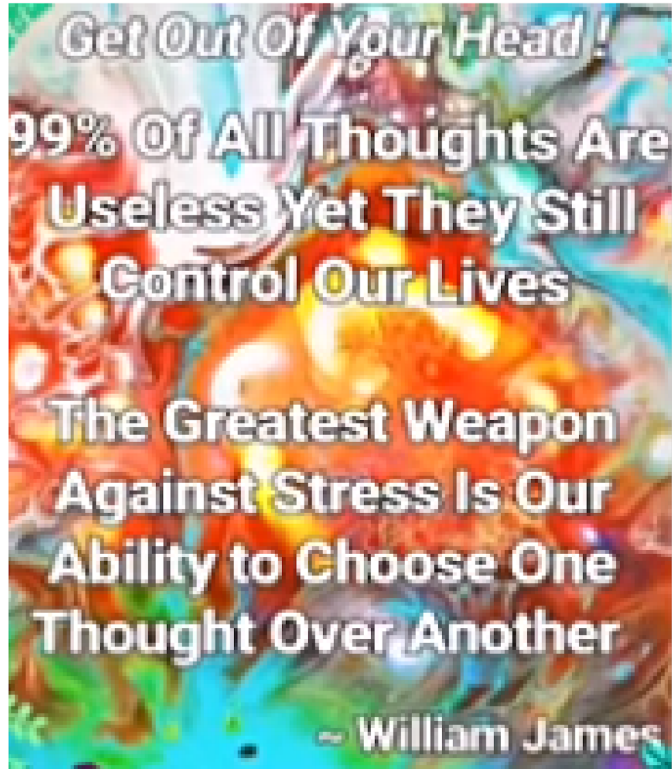
STEPPING INTO FLOW



Calling on our deeper awareness and fullest expression to manifest what is needed, moment by moment.
Life is a dance, stay tuned!

Flow is a state of complete immersion in an activity for its own sake
Mihaly Csikszentmihalyi

GETTING OUT OF OUR HEADS



"A great many people think they are thinking when they are merely rearranging their prejudices"
William James

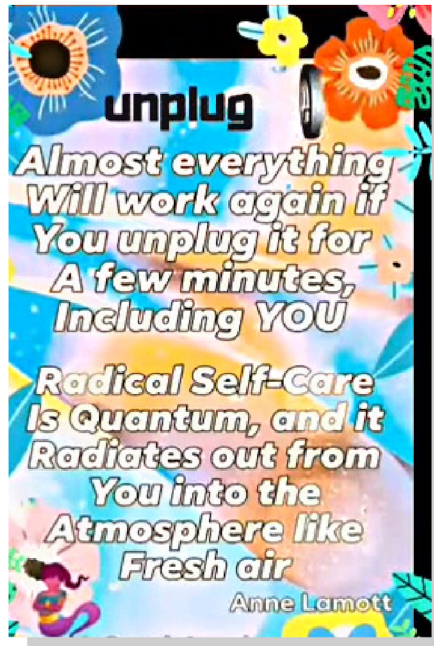
99% of all our thoughts are useless, but they are still controlling our lives
"Stop spending so much time in your head"
Darius Foroux

ACTING FROM KINDNESS



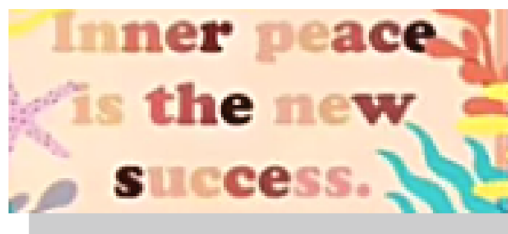
Kindness is about moving forward with humility, gentleness, and grace yet being mindful of the context as it plays out and materializes into the world. In so being, kindness is genuine, radical and generative

UNPLUGGING & SELF-CARE



We have the responsibility to take care of ourselves before attempting to take care of others, so we can heal and move forward in our lives.

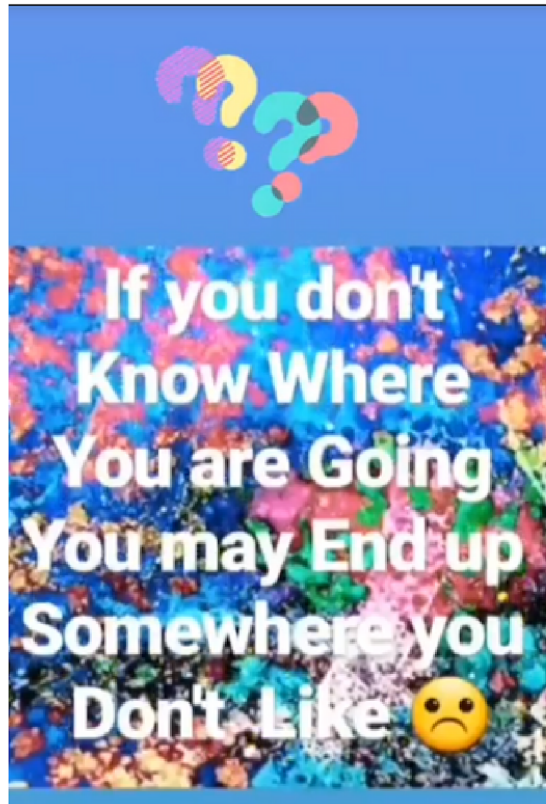
Radical self-care is about choice, courage, empowerment, and letting go. Unplugging regularly is vital to reset and restore.



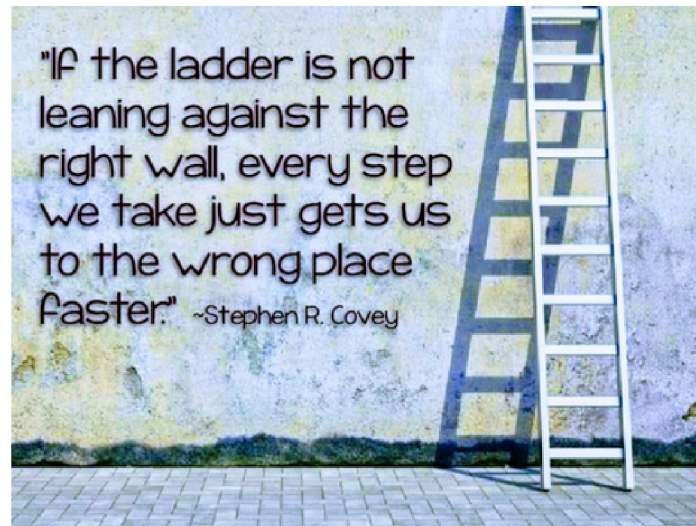
Inner Peace is the new success. Is there genius in madness? 72% of entrepreneurs are affected by mental health conditions.

- Energetic, motivated, and creative people are more likely to be entrepreneurial and have strong emotional states - Michael Freeman
- No great mind has ever existed without a touch of madness - Aristotle

FINDING OUR OWN WAY

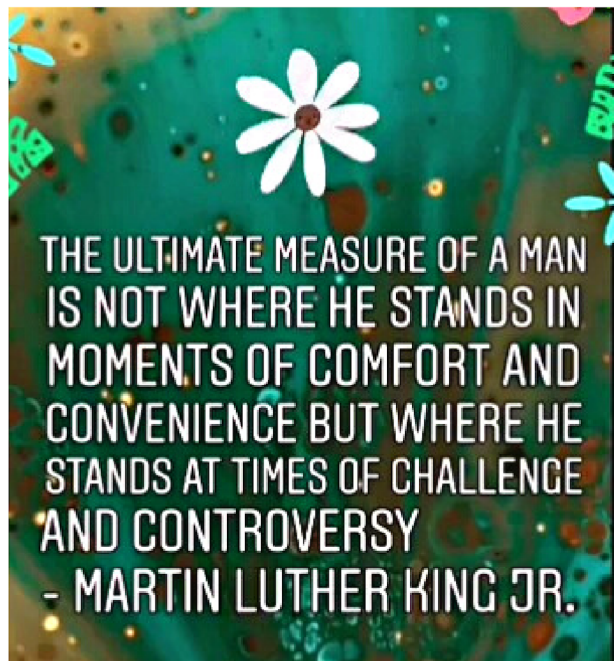


Getting clarity on direction is key ...
"If you don't know where you are
going, any road can take you there"
Lewis Carroll, Alice in Wonderland

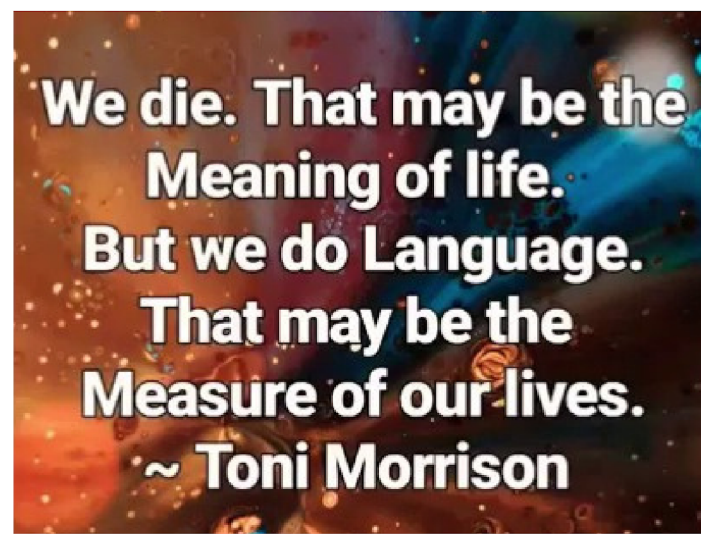


PICKED THE RIGHT
WALL ? ...
KEEP CALM !

LEADING BY EXAMPLE

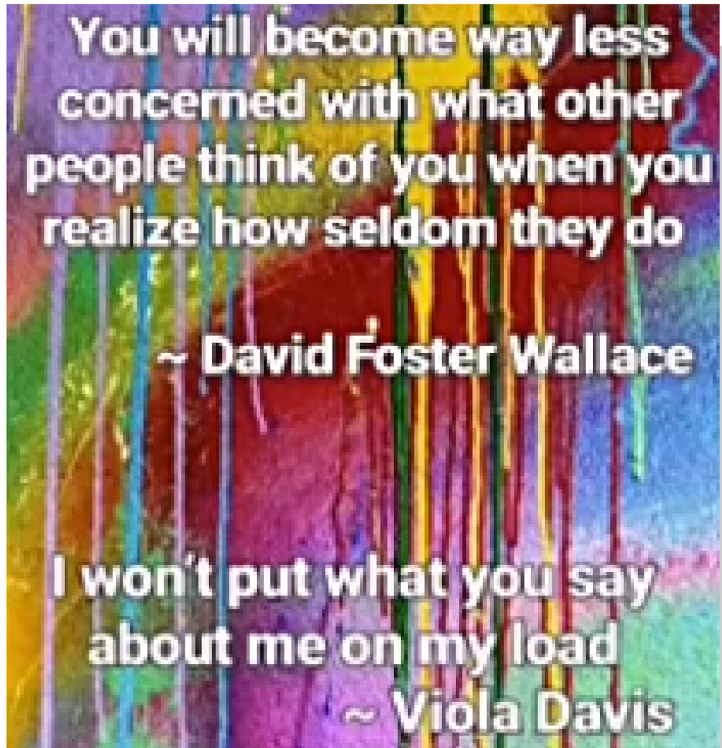


Leadership & instilling
Team behavior
Calm is contagious so is
stress, leaders need to
set the tone right for
teams to embrace and
replicate



The Power & Privilege of Language
The Magic of Expression
Oppressive language does more
than represent violence, it is
violence... Does more than
represent the limits of knowledge;
it limits knowledge ~Toni Morrison

BUILDING COMMUNITY

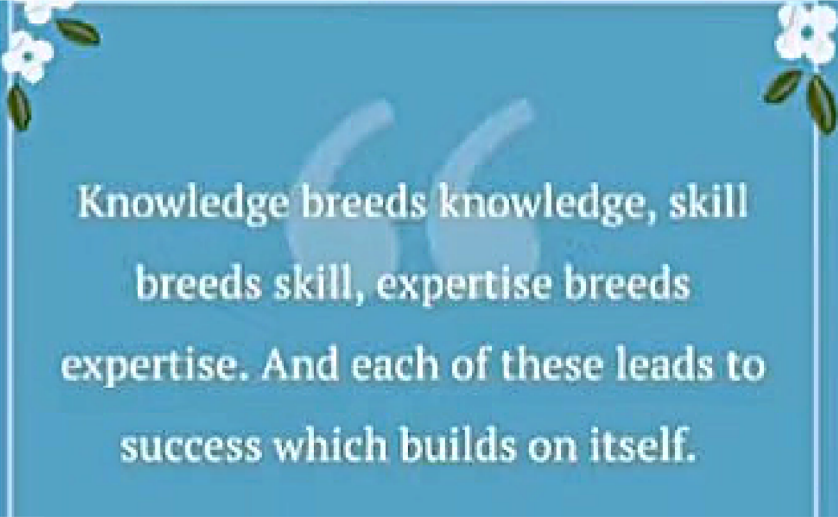


Belonging to yourself first to find connection and community

Everything we hear is an opinion, not a fact.
Everything we see is a perspective, not the truth

Marcus Aurelius

COMPOUNDING TO SUCCESS



Knowledge breeds knowledge, skill
breeds skill, expertise breeds
expertise. And each of these leads to
success which builds on itself.

The principle of compounding is the most pervasive yet most invisible pillar in our method, that's how we anchor sustainable, mindful, calibrated practices that nourish continuous improvement and infuse growth along our clients' journeys

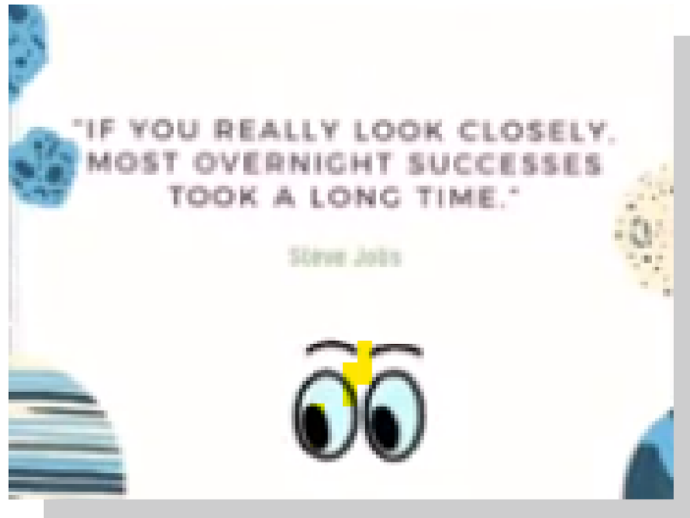


**Success is never final
Failure is never fatal
It's courage that counts**

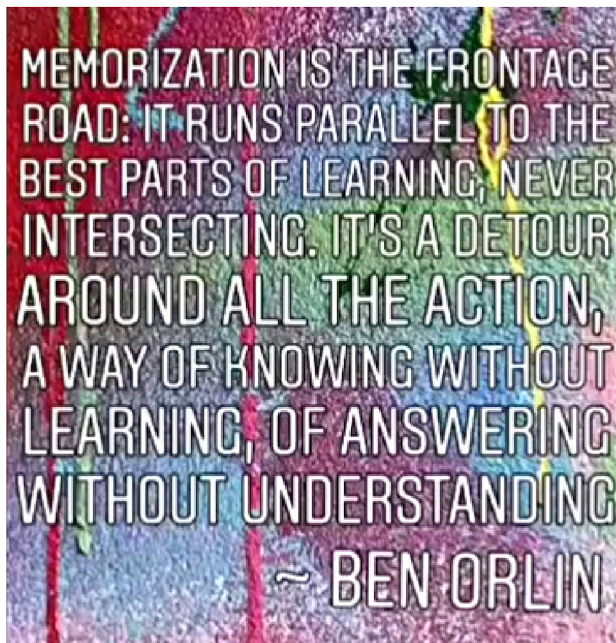
John Wooden

The frontier between perceived failure and success is tenuous. Good decisions can yield unfavorable outcomes and vice versa. Courage to experiment with an open mind and seek meaning is what matters ultimately

DEMYSTIFYING INSTANT SUCCESS



What appears like an overnight success on the surface, once investigated is usually the result of 10 to 20 years of hard work, talent, improvements, disappointments, patience, perseverance, failures, successes, resilience, and pivots, in the making. Entrepreneurship is a challenging journey



From Knowledge to Success
How to turn knowledge into learning and eventually success? One step is often overlooked: embodiment, and practice. This is also why more knowledge won't make anyone more successful, without implementation and application

THE SCRAPBOOK COLLECTION

A CREATIVE AND ACCESSIBLE SERIES INSPIRED BY THE GUIDING PRINCIPLES UNDERPINNING OUR ENTREPRENEURIAL-STYLE COACHING PRACTICE TO HELP OUR CLIENTS ACHIEVE THE PERSONAL AND PROFESSIONAL OUTCOMES THAT MATTER MOST TO THEM

THE SCRAPBOOK COLLECTION

PRINCIPLES FOR ENTREPRENEURIAL + INSPIRED COACHING
JUNE 2019 EDITION #1 - UPDATED DEC 2022

THANK YOU FOR READING ALONG



For more information, we'd love to hear from you
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